



Immune Soups

RECIPE BOOK

Immune Soups

INGREDIENTS

SPICES

Basil	Oregano
Bay Leaf	Rosemary
Black pepper	Thyme
Ginger	Turmeric

VEGETABLES

Broccoli	Onions
Carrots	Peppers
Garlic	Shiitake mushrooms
Leafy veggies	Tomatoes

HEALTHY PROTEINS

Beans	Lentils
Lean organic meat	Peas
Legumes	Wild fish

HEALTHY CARBS

Buckwheat	Rice
Couscous	Spelt
Quinoa	Whole Grains

Try adding Organic Greens Booster to your soup. One scoop provides one cup of raw, organic, nutrient-rich green vegetables.



Immune-Boosting Soups



Creamy Roasted Cauliflower Soup

SERVES 2

INGREDIENTS

1 large head cauliflower (about 2 pounds), cut into bite-size florets

3 Tbsp extra-virgin olive oil, divided

1 medium red onion, chopped

2 cloves garlic, pressed or minced

4 cups (32 ounces) vegetable broth

1 Tbsp fresh lemon juice, or more if needed

¼ teaspoon ground nutmeg

FOR GARNISH

2 Tbsp finely chopped fresh flat-leaf parsley, chives and/or green onions

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit. If desired, line a large, rimmed baking sheet with parchment paper for easy cleanup.
2. On the baking sheet, toss the cauliflower with 2 Tbsp of the olive oil until lightly and evenly coated in oil. Arrange the cauliflower in a single layer. Bake until the cauliflower is tender and caramelized on the edges, 25 to 35 minutes, tossing halfway.
3. Once the cauliflower is almost done, in a Dutch oven or soup pot, warm the remaining 1 Tbsp olive oil over medium heat until shimmering. Add the onion. Cook, stirring occasionally until the onion is turning translucent, 5 to 7 minutes.
4. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth.
5. Reserve 4 of the prettiest roasted cauliflower florets for garnish. Then transfer the remaining cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Cook, stirring occasionally, for 20 minutes, to give the flavors time to meld.
6. Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, carefully transfer the warm soup to a blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow!)
7. Add the lemon juice and nutmeg and blend again. You can also a little more lemon juice if it needs more zing. Blend again.
8. Top individual bowls of soup with 1 roasted cauliflower floret and a sprinkle of chopped parsley, green onion, and/or chives. This soup keeps well in the refrigerator, covered, for about four days or for several months in the freezer.

Butternut Squash Soup

SERVES 4

INGREDIENTS

1 Tbsp extra-virgin olive oil
2 pounds butternut squash cut into 1-inch pieces (about 5 cups)
1 cup carrots, diced
½ cup onion, diced
1 Tbsp garlic, minced
1-quart vegetable stock
1 tsp pepper
1 tsp paprika
½ tsp cinnamon
½ tsp turmeric

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Sauté squash, carrots, onions, and garlic until squash has browned on edges and onions and garlic are translucent.
2. Add stock and spices to the pot. Bring to a boil. Once boiling, reduce heat and simmer for 30-40 minutes.
3. Puree with an immersion blender, or allow soup to cool and then blend in a blender until smooth.



Coconut Turmeric Ginger Broth

SERVES 2

INGREDIENTS

1 quart of vegetable broth
2-inch piece of fresh ginger, skin removed and finely sliced into thin strips
½ tsp ground turmeric
¼ tsp cayenne
⅛ tsp fresh ground pepper
½-1 can of coconut milk start with ½ and then add in more depending on taste preference
Juice of ½ – 1 lemon

DIRECTIONS

1. Add the vegetable broth, sliced ginger, ground turmeric, cayenne, and ground pepper to a pot on the stove.
2. Bring to just short of a boil and then simmer on medium heat for 10 minutes.
3. Add the coconut milk and simmer a few more minutes.
4. Taste and see how much lemon juice you want to add in. Start with ½ lemon, taste it, and then decide if you want to add in the other half.
5. Pour in a mug and enjoy!



Lemon Turmeric Chicken and Rice Soup

SERVES 4

INGREDIENTS

1 Tbsp avocado oil
1 ½ cup onion, diced
1 cup celery, diced
1 cup carrot, diced
1 Tbsp garlic, grated
1 Tbsp ginger, grated
1 tsp rosemary, chopped
1 tsp thyme, chopped
½ tsp turmeric
¼ tsp cayenne (optional)
6 cups chicken broth
1 cup jasmine rice
(or other long-grain rice)
1 pound boneless and
skinless chicken breasts
1 Tbsp lemon juice
1 Tbsp parsley (chopped)
Salt and pepper to taste

DIRECTIONS

1. Heat the oil in a large saucepan over medium-high heat, then add the onion, celery, and carrots. Sauté until tender, about 7-10 minutes.
2. Add the garlic, ginger, rosemary, thyme, turmeric, and cayenne. Mix and sauté for about a minute.
3. Add the broth, rice, and chicken. Bring to a boil, reduce the heat, cover, and simmer until the chicken is cooked through and the rice is just tender (about 20 minutes).
4. Remove the chicken, shred it, and mix it back into the soup.
5. Add the lemon juice and parsley, season with salt and pepper to taste and enjoy!



Immunity Veggie Soup

SERVES 4

INGREDIENTS

2 ½ Tbsp olive oil

1 ½ cups chopped yellow onion
(1 medium)

2 cups peeled and chopped carrots
(about 4)

1 ¼ cups chopped celery
(about 3)

4 cloves garlic, minced

4 (14.5 oz) cans low-sodium
organic vegetable broth

2 (14.5 oz) cans diced tomatoes
(undrained)

⅓ cup chopped fresh parsley

2 bay leaves

½ tsp dried thyme

Salt and freshly ground black pepper

1 ½ cups chopped frozen or
fresh green beans

1 ¼ cups frozen or fresh corn

1 cup frozen or fresh peas

Salt and freshly ground black pepper

DIRECTIONS

1. Heat olive oil in a large saucepan over medium heat.
2. Add onions, carrots, and celery and sauté 3–4 minutes. Then add garlic and sauté 30 seconds longer.
3. Pour in broth (if you prefer thicker soup, use 3 cans and only ¾ cup of the 4th can). Add tomatoes, parsley, bay leaves, and thyme. Season with salt and pepper to taste.
4. Bring to a boil, then add green beans, reduce heat to medium-low, cover, and simmer for about 20–30 minutes.
5. Add corn and peas and cook 5 minutes longer.
6. Serve warm and enjoy.



Coconut Carrot Lentil Soup

SERVES 8

INGREDIENTS

4 cups vegetable broth
2 cups red lentils
4 large carrots, chopped
2 celery stalks, chopped
1.5 cups full-fat coconut milk
(one 13 oz can)
2 Tbsp fresh ginger, minced
1 small white onion, chopped
3 garlic cloves, minced
½ cup diced tomatoes
2 Tbsp coconut oil
2 tsp ground cumin
1.5 tsp ground turmeric
1 tsp ground coriander
1 tsp paprika
Salt and pepper to taste

OPTIONAL GARNISHES

Fresh cilantro, lemon juice,
and/or a dollop of coconut cream
or dairy-free yogurt

DIRECTIONS

1. Over medium heat, add coconut oil to a large pot and sauté onions until translucent, about 3-5 minutes. Add celery, garlic, ginger, and sauté for 2-3 minutes.
2. Add chopped carrots, cumin, turmeric, coriander, paprika, pepper, and salt. Mix well and sauté for 10 minutes. (If needed, add more coconut oil to the pot to prevent the carrots from sticking or burning.)
3. Add the lentils, diced tomatoes, and vegetable broth, and mix well. Turn the heat on low, cover the pot, and simmer for 30 minutes, until most of the broth has been absorbed by the lentils. Stir occasionally.
4. Add the coconut milk and mix well. Cover the pot and simmer for 5 minutes.
5. The soup is now finished. If you would like to make the soup smoother, use an immersion blender to blend the soup. You can also ladle the soup into a high-powered blender and blend until you achieve your desired texture.
6. Serve and optionally garnish the soup with fresh cilantro, jalapeños, lemon juice, and/or a dollop of coconut cream or dairy-free yogurt. Enjoy!



White Bean Kale Soup

SERVES 8

INGREDIENTS

½ large onion
2 celery stalks
1 jalapeño
2 habanero peppers
4 garlic cloves
5 cups vegetable or chicken broth
1 cup water
1 can garbanzo beans (13 oz)
1 can pinto beans (13 oz)
1 can great northern beans (13 oz)
2 cups kale, packed
⅓ cup fresh chopped parsley
1 tsp Italian seasoning
1 tsp smoked paprika
½ tsp cumin
Salt and pepper, to taste
1 Tbsp ghee (or butter)
1 Tbsp olive oil or coconut oil

DIRECTIONS

1. Start by chopping onion, celery, jalapeño, habanero, and garlic. Then, add ghee and olive oil to the Dutch oven pot over medium heat and sauté the onions for about 5 minutes.
2. After cooking onions, add the chopped celery, peppers, and garlic and sauté for about 2-3 minutes.
3. Then, using a blender or food processor pulse the garbanzo beans with 1 Tbsp water until the beans are completely mashed (you can also mash by hand). Then add the mashed beans, broth, and water into the pot and bring to a boil.
4. Add pinto beans, kale, seasonings, and parsley. Lower the heat to medium-low, cover the pot, and let simmer for 20 minutes or until the kale is tender. Season with salt and pepper to taste.



Chickpea Chicken Noodle Soup

SERVES 8

INGREDIENTS

1 yellow or sweet onion,
peeled and chopped

2 Tbsp avocado oil

4 organic boneless, skinless chicken
thighs (1½ – 2 pounds) rinsed, patted
dry and diced

4 cloves garlic, minced

1 Tbsp ginger, minced

1 tsp turmeric

1 tsp sea salt

2 bay leaves

2 cups carrots, peeled and chopped

1½ cups celery, chopped

8-9 cups bone broth

1 package chickpea noodles
(eg, Banza brand)

½ cup fresh parsley

Black pepper to taste

Red chili flakes to taste

OPTIONAL GARNISH

1-2 cups chopped greens (like spinach)

DIRECTIONS

1. Heat the avocado oil in a large stove-top pot over medium heat and add the diced onion. Cook for 5 or so minutes, until translucent.
2. Add the chopped chicken thigh and cook until browned on all sides, an additional 5 minutes or so.
3. Add in all spices and stir/cook another minute, until fragrant.
4. Add in the chopped celery and carrots, stir to combine.
5. Pour in the bone broth and bring to a boil. Once boiling, reduce soup to a simmer for 10 minutes.
6. After 10 minutes, add in the chickpea noodles. Keep cooking according to the length of time listed on the noodle package.
7. Once noodles are tender, remove from heat and let cool before serving.
8. Remove the bay leaves and top with the fresh parsley.